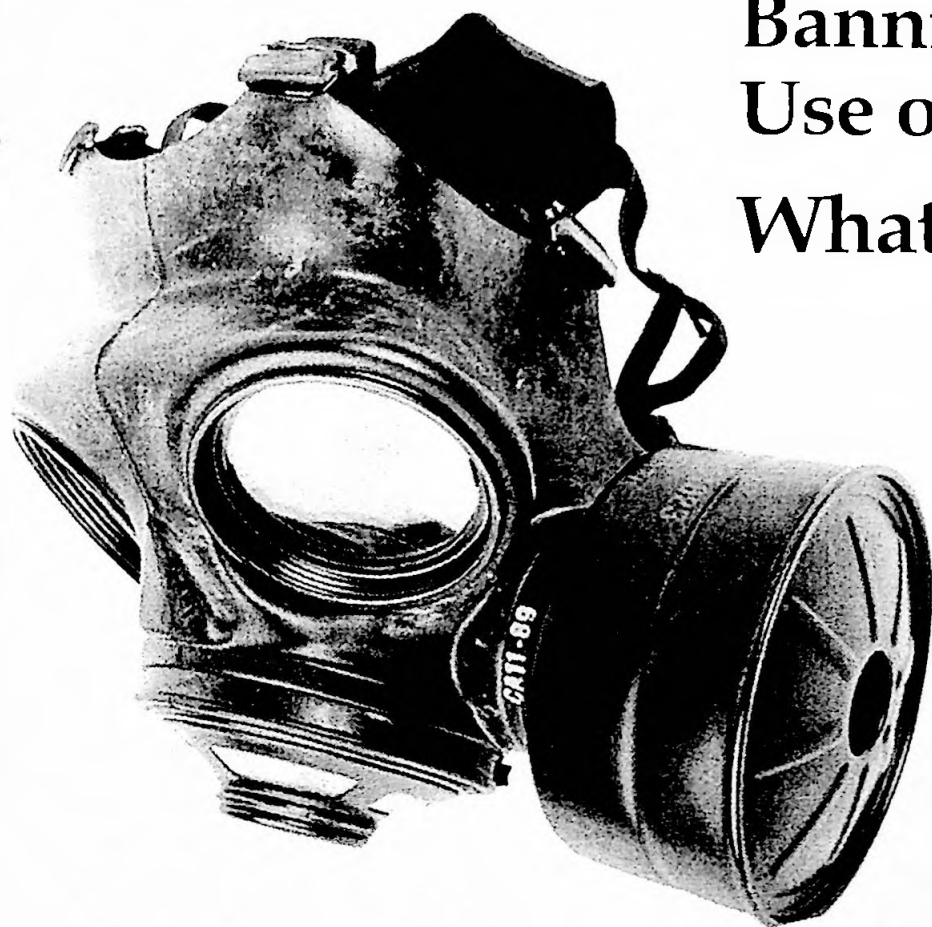


Eco-Sense



The Allergy and Environmental
Health Association of Canada
Ottawa Branch

Association allergies, santé et
environnement du Canada
Chapitre d'Ottawa



Banning the Cosmetic Use of Pesticides: What *You* Can Do

ALSO:

Allergies and Genetically
Engineered Foods:
Are they Safe?

Eating Organic on a Budget

Beating the Flu, Naturally

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Eco-Sense

A tri-annual publication of the Ottawa Allergy and Environmental Health Association. Reprinting of original articles is permitted with appropriate acknowledgment.

Self-help, education, prevention

AEHA is a national registered charity operated by volunteers with branches in cities across Canada. Together we strive to promote awareness of environmental conditions that may be harmful to human health, and to bring individuals together for mutual support and education.

Join us! Membership is \$25 a year, and includes:

- access to informative meetings and workshops
- tri-annual newsletter Eco-Sense
- access to an extensive book and tape lending library
- access to organic meats and wild game at reasonable cost.

Our Thanks

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Donations welcome

As a non-profit organization whose income is based mainly on membership dues, we welcome your donations to allow us to carry out the important work of helping those with environmental sensitivities help themselves.

Volunteers always welcome! We are still looking for a branch secretary to take minutes at monthly board meetings, a new advertising manager for Eco-Sense, and someone who can post material on the web site.

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Deadline for Summer 2002 issue: May 1, 2002

Calling all Canaries! Now's the Time to Act on Pesticides



BY BARBARA LEIMSNER

How often have you heard from your neighbours, "Pesticides must be safe. The government has approved them." The same claim can be made for many common household cleaning products, and the foods we eat. But we know better, because we are the canaries. The environmentally ill are living proof that our regulators are either asleep at

the switch or worse, are unduly influenced by powerful interests who want to continue to profit from the sale of poisons.

It may seem to many of us that we have been trying to tell our stories for ever. We want others to know, for example, how a mold-filled office building left us disabled and unable to work, how a sick, formaldehyde-filled house ruined our health, how mercury-filled dental amalgams caused neurological damage... We want to be understood when we explain how contact with scented products leaves us gasping, how one whiff of pesticides can put us in bed for a week, or worse, drive us from our homes to seek refuge.

Our stories are powerful and moving—when they are told and others are prepared to listen. Soon, several Ottawa councillors will try to follow the lead of towns including Halifax and Hudson, Quebec, to pass a ban on the cosmetic use of pesticides. Now is the time to tell our stories again. AEHA members and others are being asked to write or e-mail their stories about the impact of pesticides on their health to help put a human face to this issue. Please take the time to prepare a letter about your own experience from contact with pesticides. It's going to be an uphill fight against the powerful pesticide interests, and our stories will make a difference. See page 6 for details about where to send your stories. If you have some time to spare, please volunteer to help us call others to solicit their letters too. The lifeblood of our association is volunteers like you.

If you can't give time, please think about making a financial contribution to let the AEHA continue to work on these important issues. Any donations are greatly appreciated!

Speaking of stories, we have an excellent roster of five meetings planned this season. Here's what one severe MCS sufferer said about her experience with the energy-based treatment BOS, which you can learn about January 17: "I wish I had stumbled across this technique a long time ago. Being so severely sensitive...for me the results speak for themselves."

And on March 21, you'll hear from Linda Nolan Leeming, who with daughter Allison was left so severely sensitive after being poisoned in her new sick home, she was forced to temporarily sleep in her doctor's office. With her husband, Linda has now started a company to build homes for the environmentally sensitive in Ottawa using safe building materials.

An inspiring highlight is sure to be hearing Dr. Shiv Chopra speak in April at our Annual General Meeting about how he has fought for his rights and those of all Canadians. Chopra, along with fellow Health Canada scientist Margaret Hayden, "blew the whistle" very publicly when they faced pressure to approve the controversial bovine growth hormone rBST by Health Canada management. Dr. Chopra also recently won his long battle at the Canadian Human Rights Commission against discrimination in his department. Both scientists were awarded the Canadian Whistleblowers' Award by consumer advocate Ralph Nader last February. Thankfully there are people like Chopra who are willing to stand up to defend public health and what is right.

Now it's our turn to stand up and be heard on the pesticide issue! Together, we can make a difference.

Smoke-Free and Loving It!

Remember not so long ago when you used to avoid bars and restaurants because you couldn't tolerate the itchy eyes, scratchy throat, lung irritation, and your clothes reeking of smoke? Let your voice be heard supporting the bylaw! Call your councillor and tell them what a difference the smoke-free bylaw has made for you. You can call 580-2400, or write your councillor at 110 Laurier Ave. West, Ottawa City Hall, OTTAWA ON K1P 1J1.

How To Support The New City of Ottawa Pest Control By-law

BY FRANCES MCINNES

The year 2001 has seen significant progress in the struggle to free the City of Ottawa from the cosmetic use of chemical pesticides. In February, a motion was carried unanimously by Council that should the Medical Officer of Health deem an issue such as pesticides to be a matter of public health, then the committee to deal with such an issue shall be the Health, Recreation and Social Services Committee (HRSSC). This is good news for those of us who are environmentally hypersensitive.

In May, a motion carried that staff undertake the development of a comprehensive Integrated Pest Management/Pesticide Use Policy for the City of Ottawa and that pending its completion, the former Region of Ottawa-Carleton's Integrated Pest Management Policy be adopted by the City of Ottawa as the interim policy for the use of pesticides on city property. As part of this policy a public awareness and education campaign focused on discouraging the use of pesticides on private property was to be developed.

At the October City Council meeting, a motion was "carried by consent", meaning agreement but no recorded vote, that the City of Ottawa staff prepare a strategy to reduce the cosmetic use of pesticides on private property. This included the consideration, timing and nature of a draft by-law governing the cosmetic use of pesticides on private property in the urban area; the initiation of a public consultation process; the development of a plan for a public education campaign on the health concerns relating to pesticides and use of safer alternatives and a budget to accomplish this. The by-law may come into being as early as 2002 but could be delayed until 2003.

What We Can Do

What can we do to show support for a new pesticide bylaw? We must write letters, but not form letters or copies, as it has been proven that they are ineffective and generally ignored by councillors. The letters should be addressed to Mayor Bob Chiarelli, to our respective city councillor and if our councillor is not a member of the HRSSC, then one to Mr. Alex Munter, Chair of the HRSSC.

The letter to Mayor Chiarelli should include Council's positive accomplishments that have pleased you. If you are short of points, here are some suggestions:

- Pesticides remain a health issue under the jurisdiction of the Medical Officer of Health and the HRSSC;
- The councillors passed an Interim Pest Management Policy last May which restricted use of chemical pesticides on city property;

- There was no spraying for West Nile Virus;
- The No Smoking By-law passed unanimously which was very important to your health and gives you access to many restaurants which you did not have before; and
- The mayor places a high priority on light rail which is much more comfortable and environmental friendly than buses and cars.

The letter to your councillor should include your request for a by-law restricting the outdoor cosmetic use of chemical pesticides on both city and private property in the City of Ottawa.

If you are short of ideas some suggestions are:

- Write how chemical pesticide spraying affects you. These stories are very powerful and carry more weight when they can be medically substantiated by your physician;
- Thank your Councillor for his/her support for what has been accomplished to date; and
- For further ideas see the accompanying article (page 7), "Getting Rid of Pesticides: Points to Raise with Councillors" by John Sankey, Co-Chair of the Health Dangers of Urban Use of Pesticides Working Group (H DUUP).

Refer to the list of city politicians on the next page for ward number, e-mail addresses and phone numbers.

The postal address is Ottawa City Hall, 110 Laurier Ave. W., K1P 1J1. For the most effective impact, the letters should be sent just before the HRSS Committee and City Council voting on pesticide issues. AEHA will advise members when to send these letters. We may only be able to give you only a few days notice so you may wish to have your letters prepared in advance.

Councillors had a very difficult time passing the No Smoking By-law, and will have an even more difficult fight in the offing for a by-law governing the cosmetic use of pesticides on private property. City Councillors need our support. The pesticide industry has a very strong lobby, so it is essential that our Councillors know the amount of support among their constituents for a by-law restricting the outdoor cosmetic use of chemical pesticides.

This issue is very important to all of us, so we must act when the time comes. The more people the Councillors hear from in favour of the by-law, the more likely that they will support it. ■

If you would like to help with phoning to contact AEHA members to advise them when to send their letters, please call Frances McInnes at 731-7338. Frances is the AEHA representative at HDUUP.

Who to Contact about Pesticide Use

Health, Recreation and Social Services (HRSS) Committee Members

1. Alex Munter, Chair - 580-2474
E-mail: Alex.Munter@city.ottawa.on.ca
2. Elisabeth Arnold, Vice-Chair - 580-2484
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8. Dwight Eastman - 580-5475
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9. Shawn Little - 580-2485
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E-mail: Doug.Thompson@city.ottawa.on.ca

Ward 21 Rideau
Glenn Brooks
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Fax: 613-580-2531
E-mail: Glenn.Brooks@city.ottawa.on.ca

Dr. Robert Cushman, Chief Medical Officer of Health and
Long Term Care
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E-mail: robert.cushman@city.ottawa.on.ca

Dr. Ronald Morin

48 Principale, Aylmer, Quebec J9H 3L3

Tel.: (819) 685-9499
Fax: (819) 685-1309
1-800-343-9499

Dentistry Without Metal

NO PESTICIDE CAMPAIGN

The Health Dangers of Urban Use of Pesticides Working Group, which is an official advisor to the City of Ottawa Health Department, needs your help.

HELP US HELP YOU !

We would like to compile a collection of case studies (anecdotal) of people in the Ottawa area directly affected by exposure to pesticides. If you, your child or a family member are affected by exposure to pesticides, please send us your story. Please include, if any, visits to your doctor, what was the diagnosis, lab tests results and so on. Unfortunate as it may be, your story will add a human element to the campaign to ban the cosmetic use of pesticides in our city.

OUR GOAL:

To eliminate the outdoor cosmetic use of pesticides in the Ottawa urban area and to protect the health of Ottawa residents.

Do you have an immediate adverse reaction on exposure to pesticides?

If yes, this is how you can help us:

Provide a brief, signed, written description of your reaction or your children's reaction to pesticide exposures. It will be used in the NO PESTICIDE CAMPAIGN to show how detrimental the effects of pesticide use are.

**To participate please call Frances
McInnes, AEHA, at 731-7338.**

Getting Rid of Pesticides: Points to Raise with Councillors

BY JOHN SANKEY, CO-CHAIR, HEALTH DANGERS URBAN USE PESTICIDES COMMITTEE

Why should Ottawa eliminate outdoor cosmetic use of pesticides within the urban area?

Isn't pesticide spraying a private property right?

No. Over 95% of most pesticide products are solvents that evaporate into the air. They don't stay on the property where they are sprayed. Most of these solvents are more dangerous to the health of neighbours than the pesticide itself. And, Ottawa birds and butterflies don't stay on a single property. Many pesticides kill them. That reduces neighbours' enjoyment of their property.

Doesn't the government say they are safe?

No. Canada only requires a "No Objection Certificate" to release a pesticide. Almost no pesticide safety is tested in Canada or to Canadian health standards. The tests are done by pesticide companies, mostly privately in the U.S. It is illegal in the U.S. to claim that pesticides are safe.

Doesn't science say pesticides are safe?

No. Pesticide science considers only people "with no specific health condition". Pesticides and their solvents cause immediate health problems to many with asthma, allergies and such. Canadian surveys show 15 to 20% of people have health problems to some degree. That's about 7,000 people per Ottawa riding.

Won't cutting pesticides cost Ottawa jobs?

No. People will still want lawns. There are over 20 locally owned firms in Ottawa which have made a successful business of organic lawn care for years. A by-law need not harm the other companies, just change the lawn care strategies they use.

Won't cutting pesticides cost a lot of money?

It doesn't have to. The City of Waterloo significantly reduced costs with their pesticide-free Plant Health Care Program. The City of Gloucester almost totally eliminated pesticide use over the past decade with no budget increase.

Won't cutting pesticides reduce property values?

Not if the reduction is done city-wide so it's a level playing field. In fact, improving Ottawa's reputation as a healthy place to live will increase the desirability of Ottawa homes to those considering moving here, hence increase property values.

Can I get re-elected if I vote for pesticide reduction?

Yes. *The Ottawa Sun* says 72% of Ottawans favour a ban on pesticides on private property. Many provincial and national polls have found support of over 80% for such action.

The Source Book is Back! Order Yours Today!

An all-new, updated *Source Book for Persons with Environmental Sensitivities* has just been published by Ottawa AEHA. The Source Book was first produced in 1996 to offer guidance to people with environmental sensitivities and allergies in this area, and quickly sold out. You will find more than 40 pages of updated sources, including new Web sites and e-mail addresses, for the following kinds of materials and services:

- accommodation and travel
- air cleaners and filters
- bedding, linens and towels
- bookstores
- carpeting
- chemical hazards and alternatives
- cleaning services and supplies
- clothing
- consultants
- dentists
- electromagnetic information
- environmental clinics
- fabric and drapery shops
- face masks and respirators
- food, including organic
- furniture
- garden care and pesticide alternatives
- home inspection
- household goods and housewares
- housing construction and repair
- information
- libraries and resources
- lighting
- mail order services
- office and stationery supplies
- personal care products
- pharmacies
- physicians
- restaurants
- vitamins and supplements
- water

The Source Book costs \$8 a copy (including postage and handling) for AEHA members, or \$10 for the general public. To order, please send a cheque or money order to: Source Book, AEHA Ottawa, Ottawa RPO Shopp/West Box 33023 NEPEAN, ON K2C 3Y9. Quantities are limited, so order today.

Special thanks go to Judith Baril for spending many hours on the telephone over several months to do an excellent job updating the Source Book. It's greatly appreciated!

Pressure Treated Lumber an Unsuspected Toxin

It has been banned in three countries and is now the subject of a North American probe, but most Canadians who haul it home from the lumber yard don't know that the wood they're about to turn into decks, play sets or picnic tables is laced with arsenic.

There is mounting fear the greenish pressure-treated wood poses a risk to humans. Canada produced 110 million cubic feet (34 million cubic metres) of it in 1999. That's the equivalent of 800,000 decks measuring 12 feet by 16 feet (four metres by 5 metres), said Henry Walthert, executive director of the Canadian Institute of Treated Wood, an industry association.

As deck-building weather approaches, many families are unaware that the wood, injected with a powerful pesticide brew of chromated copper arsenic to give it longer life, has come under scrutiny by federal officials on both sides of the border.

"We're doing a reassessment to see if we still consider it safe," said David Deegan, spokesman for the Environmental Protection Agency in Washington, which is studying the risks of CCA with Health Canada.

"It's possible nothing will change or additional restrictions will be put on it. Or [the] EPA could conclude that they want it taken out of the marketplace. It's just way too early to say."

Long term, repeated exposure to arsenic—through breathing, repeated skin contact or ingestion—can cause cancers of the skin, bladder, lung and liver.

Switzerland, Vietnam and Indonesia aren't waiting for next year's results from the North American study. They have already banned CCA-treated wood. Japan, Denmark, Sweden, Germany, Australia and New Zealand have restricted or proposed restrictions on it.

The ash is so toxic that a family that repeatedly used CCA-treated wood to heat their home suffered blackouts and severe seizures. Also, their hair fell out and their plants and fish died, according to a report in the *Journal of the American Medical Association*.

In Minnesota, 22 cows were killed when a farmer spread fireplace ashes from CCA-treated wood in the field where they were grazing. Dr. Garn Wallace, a biochemist at the Wallace Laboratory in El Segundo, Calif., a private lab that specializes in plant nutrition, soil composition testing and heavy metals research, has conducted studies showing arsenic from CCA-treated wood stunts plant growth and turns leaves yellow.

"Arsenic was the poison of choice in the Middle Ages and it worked very well," Dr. Wallace said. "I think we need to re-evaluate that approval and use something safer than CCA for wood treatments in areas with high human contact."

He is especially concerned about children who rub their hands on the wood, adding that "it gets on their clothes, some kids even eat it."

"I avoid having CCA wood around my family. I don't take a chance with it."

In Canada, pressure-treated lumber is very popular, with \$600-million worth of CCA-treated wood produced in 1999.

Roughly seven million kilograms of CCA chemicals were impregnated into wood in that same year, of which 1.5 million kilograms was arsenic. Though the wood, made in 67 treatment plants across Canada, contains toxic pesticides, it's not mandatory for retailers to provide fact sheets to consumers.

Many working with the wood may not be aware they should use goggles, gloves and a mask when sawing it. The arsenic-laced sawdust should be disposed of and it should never be burned. Nor should it be used as a cutting surface for food.

Handling CCA-treated wood

Wear gloves, a dust mask and eye goggles when sawing or machining wood, especially in confined areas.

Wash exposed areas after skin contact. Wash hands before eating, drinking or smoking.

If preservatives or sawdust get on clothes, launder them separately before use.

Never burn it as the smoke and ash are toxic.

Don't use for cutting boards or countertops.

Don't allow contact with drinking water.

Never use to store food or animal feed.

Never use for wood chips or mulch.

Keep children and pets out from under decks.

Don't use near edible plants.

Use a plastic liner for CCA boards used to frame gardens. Reprinted from *The Globe and Mail*, Saturday, Mar. 31, 2001

Warning Labels to be Applied on Pressure-Treated Wood

Canadians were to expect warning labels on all pressure-treated lumber as early as the fall of 2001 in response to heightened concern about arsenic leaching from the wood into playgrounds, gardens and backyards.

Environment Canada has persuaded the country's pressure-treated lumber industry to follow the lead of the United States and introduce a labelling system for wood

products infused with chromated copper arsenate (CSA), a form of arsenic.

"I happen to believe that every hunk of treated wood in this country should be labelled—and we're going to have that done in the early fall," Barry Munson, head of Environment Canada's industrial contaminants section, said.

Researchers such as the University of Toronto's Paul Cooper have confirmed that CSA-treated wood can leak chromium and arsenic into the environment over time or when the lumber is burned.

Prolonged human exposure to arsenic can lead to dizziness, numbness and nerve damage; arsenic poisoning has also been associated with an increased incidence of skin and bladder cancer.

Don Houston, director of environmental programs at the Canadian Institute of Child Health, said the federal government should warn builders not to use pressure-treated lumber in the construction of back-yard decks, playgrounds and other structures where children spend time.

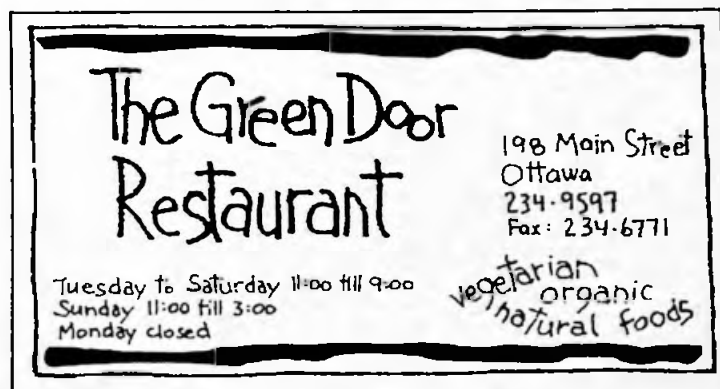
Health Canada's Pest Management Regulatory Agency is now re-evaluating the toxic products used to preserve wood in Canada, including CCA, pentachlorophenol and creosote. Mary Mitchell, head of the agency's exposure re-evaluation

section, said the agency will assess the risk to children posed by raised arsenic levels found near pressure-treated wood play structures.

National Post, July 14, 2001

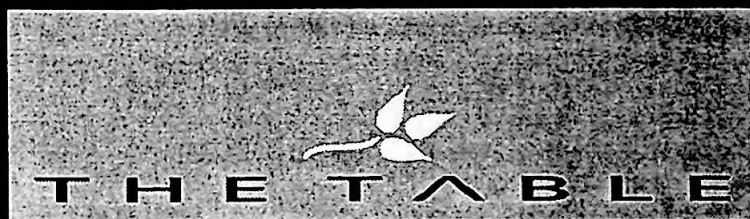
City of Ottawa bans pressure-treated wood for playgrounds

Ottawa has followed several U.S. cities and passed a bylaw that the city will no longer purchase wooden structures and other wood materials (including playground equipment, park benches, picnic tables, decks, utility poles, fencing, edging, mulch, and the like that have been treated with pentachlorophenol, creosote or inorganic arsenicals, including arsenic, elemental arsenic, or arsenic copper combinations such as chromated copper arsenate (CCA).



HEALTHY ORGANIC FRESH

**Welcome to our bright and spacious
vegetarian eatery. Sample from our
everchanging buffet by weight.**



VEGETARIAN EATERY

**261 Dalhousie (at Murray)
Ottawa, Ontario
(613) 244-1100**

**1230 Wellington (at Holland)
Ottawa, Ontario
(613) 729-5973**

Pressure Treated Wood Hazard: Take Action!

Below is a letter prepared by Deborah Elaine Barrie of Smiths Falls, which we encourage you to mail (free of postage) to the federal Minister of Health and the Minister of Environment, to show your support for the banning of arsenic and chromium in pressure treated wood. Ask your church, and any clubs and organizations you belong to sign and send them too!

For more information, contact Deborah Elaine Barrie
4 Catherine Street, Smiths Falls, Ontario K7A 3Z8
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The Honourable David Anderson
Environment Canada
10 Wellington Street
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[date]
Minister's Office - Health Canada
Brooke Claxton Bldg., Tunney's Pasture
P.L. 0913C
Ottawa, Ontario, Canada
K1A 0K9

Dear Mr. Rock,

The use of pressure treated wood products in municipal areas has been increasing steadily over the past two decades. In 1995, total Canadian consumption was approaching 65 million cubic feet, and in 1999, Canada produced over 110 million cubic feet of pressure treated wood products.

Pressure treated wood is created when a mixture of pesticidal compounds are injected deep into wood under high pressure. The high levels of specifically chosen chemicals render the wood undesirable to insects and fungus - thus prolonging its life.

Of the various forms of pressure treated wood products, Chromated Copper Arsenate (CCA) is the most widely used in residential and municipal settings including playgrounds, residential decks and patios, utility poles, and picnic tables. Arsenic and chromium, two of the three ingredients in CCA are listed as *toxici* under the Canadian Environmental Protection Act.

Arsenic is a known endocrine disruptor. In the wood treatment process, up to 250 liters of CCA solution is injected to each cubic meter of wood; an 8x10 foot deck will hold 1.36 pounds of pentavalent arsenic and 1.9 pounds of chromic acid.

International awareness of the adverse health effects of CCA Pressure treated wood is mounting; Switzerland, Vietnam and Indonesia have already banned these wood products, and Japan, Denmark, Sweden, Germany, have severely limited its use. Australia and New Zealand have also proposed strong restrictions.

In the United States, extensive studies are being carried out by the Environmental Protection Agency (EPA) into the adverse health effects of CCA and various states including Florida have already stopped using arsenic to preserve wood products.

Investigations are demonstrating that the pesticidal compounds are leaching out of the wood and contaminating surrounding soil and groundwater. With this much arsenic and chromium being released into the backyards of the public, cases are being reported of children and pets with heavy metal poisoning as a result of repeated contact with these wood products and the soil that surrounds them. A number of class-action law suits have been launched in the U.S. by people who have handled and/or been exposed to CCA pressure treated wood and have suffered significant adverse reactions.

Literature warns against the burning of pressure treated wood, as this instantly releases arsenic, chromium, and even copper into the air as particulate matter. Inhaled, these particulates are lethal. Moreover, the resultant ash is extremely toxic. Warnings on

labels and in literature are ineffective, as pressure treated wood is mistakenly burned, sawed, drilled, mulched, and chipped because when aged, this wood is visually indistinguishable from untreated wood.

In Canada, the Pest Management Regulatory Agency (PMRA) is conducting a technical re-evaluation of CCA due for release to the public in 2002. Additionally, under the Canadian Environmental Protection Act, a voluntary industry-regulated program of wood labeling is slated to begin in the spring of 2002. In 1985, the US EPA attempted an industry-driven voluntary labelling program, which proved ineffective at preventing the release of CCA into the environment, and adverse human health effects.

In the interest of public health and protection of the environment, more needs to be done. We urge you to invoke the precautionary principle, and use all regulatory instruments at your disposal to immediately ban the use of arsenic and chromium as wood preserving agents.

There are inexpensive alternatives to this toxic wood product; thus there is no longer any justifiable reason to produce and use this outdated and hazardous product.

Yours very truly,
[name of organization]

per:
[persons name]



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Beating the Flu, Naturally

Those of you at the October 2001 meeting on Children and Allergy by Dr. Ross Mickleson will be aware that the Influenza vaccine contains 0.01% thimerosal as a preservative. Thimerosal contains mercury. If the thought of flu shots makes you nervous, here are some alternatives.

Several alternative medicine clinics are offering free flu prevention. You may want to check it out. It is best to call in advance.

- Apple Hill Holistic Centre, 1367 St. Joseph Blvd., Tel. (631) 830-8307
- Barrhaven Physiotherapy Clinic, 35 Larkin Dr., Tel. (613) 825-9021
- Jeff Korentayer, DIHom, 240 Catherine St. Ste. 108 (613) 234-4604

(contributed by Frances McInnes)

Homeopathic flu remedies are also available. You might try HOMEOCOKFINUM from your health food store. It costs about \$6.00. If you do catch the flu, I've tried the Boiron brand of Oscilloccinum (six doses are \$13.99 at Nutrichem) to relieve the fever, chills, body aches and pains.) (*Barb Leimsner*)

Flu, or Pesticide Exposure?

Be aware that pesticide exposure can mimic symptoms of the "flu", and is often misdiagnosed as such. Contact with pesticides can result in headache, dizziness, sore throat, congestion, vomiting, muscle weakness and generalized pain. Subsequently, microbial infections can occur, causing further complications. When you avoid chemical cleaners, insecticides, herbicides and fungicides, you may leave the "flu" behind too!

(Reprinted from Fall 2001 *Ecological Health Alliance Support News*)

Sulfites: Common Food Sources to Avoid

Many people suffer adverse reactions to sulfites, used as a preservative in many foods and condiments. Here's a list of some of the many unsuspected sources of sulfites you may encounter:

- Alcoholic beverages including beer, wine, cocktail mixes and most distilled liquors.
- Bread with dough conditioners, cookies, crackers, crepes, any mixes with dried fruits, crusts of pie, pizza and quiche, soft pretzels, tortillas and tortilla shells, waffles.
- All beverages containing sugar and/or corn syrup, all canned, bottled or frozen fruit juices.
- horseradish, onion and pickle relishes, pickles, olives, salad dressing mixes, wine vinegar
- All canned or packaged frosting mixes
- All processed "cheese foods" containing filled milk (skim milk enriched by fat content by addition of vegetable oils)
- Dried vegetables including chives, parsley, herbs and spices
- Fresh shrimp and scallops and frozen canned or dried clams, shrimp, lobster, crab, scallops and dried cod.
- Grapes (sulfur dioxide is used as a fungicide)
- "Fresh cut" potatoes, as delivered to restaurants
- Fruit fillings, flavoured and unflavoured gelatin, pectin, jelling agents
- cornstarch, modified food starch, spinach pasta, gravies, hominy, breading, batters, noodle/rice mixes
- All clear, hard candy
- All jams and jellies

- Shredded coconut
- Soy protein products including tofu, textured vegetable protein, and infant formula
- All dried fruit including raisins and prunes; maraschino cherries, glazed fruit.
- Vegetable juices, canned vegetables, pickled vegetables, dried vegetables, instant mashed potatoes, all frozen vegetables including french fries and deli potato salad
- All refined sugars, including brown, white, powdered, raw
- Snack foods including dried fruit snacks, trail mixes, filled crackers, tortilla chips and potato chips.

Compiled by Judith Campbell from sources: "Sulfites: FDA Limits Uses, Broadens Labelling" (FDA Consumer, Oct. 1986); "Guide to Sulfited Foods", Center for Science in the Public Interest.

Thanks to Dr. Jennifer Armstrong for providing this information.

Eating Organic on a Budget

In an ideal world, everything we eat should be organic. But in reality, there are 7,000 licensed pesticides that can be used on Canadian grains, fruit and vegetables! For those who would like to choose foods grown without pesticides, herbicides, fungicides and artificial fertilizers, but whose budget just can't afford the higher prices of organic products, here are some helpful suggestions to let you reduce your chemical load and do the best you can.

In an article called "Organics: Are they worth the \$\$" in *Vegetarian Times* (November 1999) by Susan Cheney, the author lists fruits and vegetables found to contain the highest levels of pesticide residues, and those with the lowest. (The list was compiled by the non-profit Washington research organization the Environmental Working Group).

It makes sense to buy organic if possible for foods on the first (contaminated) list, especially for very sensitive people, and then to choose non-organic sources for those with the lowest levels of toxicity.

Another article, "Invisible Additives", in the Fall 2001 issue of *Living Safety*, cites the author of *Diet for a Poisoned Planet*, David Steinman's three risk categories for food, from green with the lowest toxicity to red—avoid. On the red list, Steinman advises two foods to absolutely avoid—peanuts and raisins—or to seek certified organic sources.

Foods with highest levels of toxicity (Cheney's list):

- 1) strawberries
- 2) bell peppers and tied spinach
- 3) U.S. grown cherries
- 4) peaches
- 5) Mexican-grown cantaloupes
- 6) celery
- 7) apples
- 8) apricots
- 9) green beans
- 10) Chilean grapes and cucumbers

Steinman's list adds these "yellow light" foods: blackberries, blueberries, cherries, cranberries, eggplant, grapes, honeydew melons, lettuce, parsley, parsnips, pears, potatoes, raspberries, sweet potatoes, tomatoes, turnip and winter squash.


Foods with the lowest levels of toxicity:

- 1) Avocados
- 2) sweet corn
- 3) bulb onions
- 4) cauliflower
- 5) asparagus
- 6) brussel sprouts
- 7) U.S. grapes
- 8) bananas
- 9) plums
- 10) scallions
- 11) watermelons
- 12) broccoli

On Steinman's "green light" list are: also alfalfa sprouts, bean sprouts, beets, cabbage, carrots, grapefruit, lemons, lentils, lima beans, limes, oranges, peas, pineapples, red beans, green beans and tangerines.

Tips to cut costs:


- Buy seasonally and locally from farmers' markets and producers for better prices and fresher produce. Freeze when supplies are plentiful.
- At a minimum, choose organic potatoes, carrots, apples and other basics that are consumed in volume.
- Check into delivery from organic food co-operatives or clubs.
- Compare prices. Many supermarkets such as Loblaws now have organic sections, with prices comparable to those in the non-organic section.
- If buying more expensive hormone and anti-biotic free chickens and meats, make stews and soups to stretch their value.



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Scent-Free Policies: Some Examples at Work

With the increase in allergic or asthmatic reactions among the general population, many institutions including hospitals, schools, places of worship and government offices, as well as individual businesses, have established scent-free or scent-reduced policies. Here are some examples of these scent-free policies.

The Lung Association of Nova Scotia has prepared a document called "Creating a Scent-Free Policy" as a guide for those who wish to introduce such policies in order to create a healthier workplace. The guide includes a list of scent-free products, a fact sheet on scents, and scent-free signs. (Information about how to order the full guide below.)

School of Social Work (College of Human Ecology), University of Minnesota

"Please refrain from wearing scented personal care products when spending time in Ford Hall. This request is made in order to accommodate those disabled by environmental illness. Persons who wear scented products in classrooms and other relatively small enclosures may be asked to leave there are persons with chemical sensitivities in the area. Your co-operation is greatly appreciated by all those affected."

Cape Breton Healthcare Complex, Nova Scotia

"The Cape Breton Healthcare Complex has adopted a scent-free policy. As part of the Cape Breton Healthcare Complex, the Cape Breton Pulmonary Unit asks that all patients avoid wearing scented products. This includes perfumes, colognes, aftershave, body sprays or powders, and scented hair products. Your co-operation will be appreciated by staff, asthmatic patients and patients with allergies." www.compu-clone.ns.ca/~dmcnabb/news.html

West King's School, Nova Scotia

"West Kings has adopted a scent-free policy in respect to products used in the school or worn by those in the school. With the increasing number of students and staff who have become chemically sensitive, it is responsible to do all we can to ensure that our school environment is a comfortable, healthy one for all. To that end, staff, students and visitors

to the school are asked to be sensitive to this policy and to help us maintain a scent-free environment." www.westkings.ednet.ns.ca/News/september97.html

Orillia Soldiers' Memorial Hospital, Ontario

"In response to concern registered by a patient, the hospital developed a scent-free policy. Scented personal products such as hair spray, perfume and deodorant trigger reactions such as respiratory distress and headaches in an increasing number of people. Staff, volunteers, visitors and patients have been asked to avoid using such scented personal products to create a healthier environment within the hospital." www.osmh.on.ca

Queen Elizabeth II Health Sciences Centre, Halifax

The QEII strives to maintain a quality indoor air environment. In addition, scented products cause allergic reactions in many people. Please do not wear or use any scented products such as perfume, aftershave, hairspray or lotions during your stay at the QEII, and ask your visitors to do the same."

To order the Lung Association of Nova Scotia's Guide to Creating a Healthier Workplace, contact the association at

17 Alma Crescent, HALIFAX, N.S. B3N 3E6

Ph: 902-443-8141,

fax: 902-445-2573

e-mail info@lung.ns.ca

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Para Transpo: Access Must Include Environmental Disabilities

AEHA member Debra Sine, who is environmentally sensitive, this fall applied for, and was denied, access to Para Transpo services. In light of the barriers to access to Para Transpo services to people disabled with environmental sensitivities, Debra sent the letter reprinted below to the councillors indicated.

The AEHA is working to achieve full access to our community for all persons with environmental disabilities, and is working to eliminate the real physical and attitudinal barriers faced by persons with environmental sensitivities in our region. Please take the time to send these councillors your letters insisting that access to Para Transpo and public transportation includes environmental disabilities.

To: Councillor Madeleine Meilleur
Chair, Transportation and Transit Committee

AND

To: Councillor Clive Doucet
Vice Chair
City of Ottawa
111 Lisgar Street
Ottawa, ON K2P 2L7

Dear Councillors Meilleur and Doucet:

Re: Refusal by Para Transpo to Accommodate Environmental Sensitivities

I am writing to you with respect to the refusal by Para Transpo to accept my recent request for accommodation.

I am disabled by environmental sensitivities. I am sensitive to scented products, pesticides, molds, chemicals, diesel exhaust and other substances, many of which are found in regular OC Transpo vehicles. On this basis I applied for Para Transpo service on October 3, 2001.

I enclose the relevant documentation, including a copy of my application for Para Transpo Service, dated October 3, 2001 and signed by Dr. Jennifer Armstrong, and letters dated October 4 and 12, 2001 from Karen Barton of Para Transpo.

I would note that I spoke to Ms Barton on October 4 and requested an explanation of her October 4 letter to the effect that Ms Barton could not "without further clarification, register [me] for our transportation service." During our conversation, Ms Barton advised me that the Para Transpo service is based on "functional mobility" and that, since I am able to climb and descend steps and walk 175 meters, I did not qualify for the service. She also indicated that there was "nothing to be gained" by me taking the service, since "the other people [in the car] would still be wearing perfume", and since the vehicles are powered by diesel fuel. (I am particularly sensitive to diesel exhaust, as outlined in my application.) I mentioned that it is possible to request that other users not wear scent as a means of accommodating my disability. Further, I mentioned to Ms Barton that my understanding was that Para Transpo does operate vehicles that are gas-powered.

I also indicated to Ms Barton that I was aware of other Para Transpo users who are receiving the service because they have environmental sensitivities. She replied that these users probably have other disabilities which would qualify them for the service, or they are receiving a service to which they are not entitled. Ms Barton said that all current users' applications would be reviewed, and there may be persons who currently receive the service, but who will no longer qualify. Ms Barton indicated that the budget of Para Transpo is limited and that "it is too expensive" to accommodate disabilities other than impairments of functional mobility.

You may be aware that environmental sensitivities can occur when individuals are unable to tolerate contact with substances in their everyday surroundings or environment. Symptoms may be triggered in environmentally sensitive individuals by harmful substances in air, water, food, fabrics, furnishings, building materials and chemicals used and stored in vehicles, schools, homes, public facilities, farms and industries, or by substances or phenomena not normally thought of as noxious, such as light, atmospheric pressure and electromagnetic radiation.

Irritants and sensitizers such as those mentioned above, and those contained in pesticides, vehicle exhaust, scented products including perfume, cologne aftershave, deodorants, shampoos, soaps and hair spray, can cause reactions in environmentally sensitive individuals (including myself), ranging from mild discomfort to severe disability. Some of these reactions are described in the enclosed Allergy and Environmental Health Association brochures.../

Under the Canadian Human Rights Act (CHRA), which I understand is applicable to Para Transpo and OC Transpo services, a duty of accommodation is owed to disabled individuals in the provision of services and facilities generally available to the public, to the point of undue hardship. As you may know, undue hardship is a very difficult test to meet, and in order to do so, the provider of services or facilities must show that the accommodation requested is far too expensive or too disruptive. In this case, I am not aware that any cost-benefit analysis has been done by Para Transpo in order to establish a case for undue hardship. Mere inconvenience is not sufficient to meet the test of undue hardship.

As I am sure you are aware, it is a discriminatory practice in the provision of goods, services, facilities or accommodation customarily available to the general public to deny, or deny access to, any good, service, facility or accommodation to any individual, or to differentiate adversely in relation to any individual, on a prohibited ground of discrimination, including disability.

I would add that in the Meiorin case, the Supreme Court recently clarified the duty of service providers and others to take every step available to them to eliminate discriminatory barriers in their policies, rules, standards, practices and services to the point of undue hardship, so that these barriers do not arise in the first place. It seems to me that this is not the approach that has been taken by Para Transpo.

I would note that the objectives set out on the web site of the Transportation and Transit Committee include the following:

"The Transportation and Transit Committee has as a goal the development of a safe, convenient, efficient and publicly oriented transportation system that optimizes accessibility for all persons..." [Emphasis added.]

In light of the applicable legal and policy framework, I would suggest that the Transportation and Transit Committee should review the decision of Para Transpo. Further, in accordance with current law and the Committee's own policy objectives, the Committee should also take proactive steps towards making it its transit system accessible to all, including persons with environmental sensitivities.

I would appreciate your consideration of this matter and look forward to your reply.

Yours very truly,
Debra Sine

c.c. Dr. Ed Ellis

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Allergies and Genetically Engineered Foods: Are they Safe?

You've likely seen many articles both highlighting the dangers and touting the benefits of genetically modified foods. But few of the so-called experts deal with a vital question for people with food allergies and intolerances: what happens if you are allergic to soy, for example, and you eat a tomato with a soy gene? How does the body react when exposed to foods that have been spliced and diced with genes from other foods? Can new allergens be created?

Here's part of what Doug Gurian-Sherman and Gregory Jaffe, co-directors of the Biotechnology Project at the Centre for Science in the Public Interest, wrote on the subject of genetically engineered foods and allergy in the November 2001 issue of *Nutrition Action*. It's clear there is real cause for concern.

Is GE food safe to eat?

DGS: Whenever you put a new gene into a food, either through traditional breeding or genetic engineering, there are at least two major concerns. One is whether the new genes or proteins might produce toxins—that is, anything that can cause harm in the short or long term. The other concern is whether the new gene might produce a protein that triggers an allergic reaction in a person who eats the food.

Have new allergens ended up in a genetically engineered crop?

GJ: Yes. It happens when scientists unwittingly transferred an allergen from brazil nuts to soybean plants. But a routine test detected the allergen, and the soy was never marketed. That just underscores why it's so important that the government require companies to test genetically engineered foods for new allergens.

How good is that testing?

DGS: It could be better. Unless we're dealing with known allergens, like the one in the brazil nut, there's no way to be absolutely sure if a protein will or won't trigger an allergic reaction until a lot of people eat it. What the government should do is require companies to test every newly introduced protein to see if it resembles known food allergens.

That's what happened in the U.S. with the infamous StarLink corn, which contains a gene taken from a bacterium. The gene produces a protein called Cry9C, which kills a major pest called the corn borer. So it looked promising to farmers. But because Cry9C passes through the digestive tract intact, it also looked like a potential allergen to the U.S. Environmental Protection Agency (EPA), which approved its use only in animal feed. StarLink corn was never approved in Canada for use by animals or humans and it was never meant to be eaten by humans in the U.S.

So how did it get into taco shells and other foods?

GJ: Aventis, the company that created StarLink, didn't make sure that farmers and grain producers abided by the U.S. government rules to keep StarLink separate from other strains of corn. As a result, tiny amounts ended up in taco shells and other foods in the U.S. and Canada, and at least 44 people in the U.S. reported possible allergic reactions after eating them.

So genetically engineered food has given us a new allergen?

DGS: We're not sure. When U.S. government scientists tested the blood of people who reported allergic reactions, they couldn't detect any trace of a reaction to Cry9C. But those tests aren't 100 per cent reliable, so we don't know if people reacted to Cry9C or not. In any case, the U.S. EPA has since decided that from now on it will only approve genetically engineered crops for animals that are safe for humans to eat...

Could genetically engineered foods be toxic?

DGS: Some could. When a gene is transferred from one organism to another, there's now way to know which chromosome the gene will end up on, where it will settle on that chromosome, or how it might alter—or be altered, by the genes around it. We need to guard against unexpected toxins in genetically engineered plants, because we know it's happened with traditionally bred plants. Again, that's why these crops should be tested before we eat them. ■

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Clean and Green Eco-Tips

Finding Safe, Effective Laundry and Household Cleaners By Anne McCallum

It is a challenge to find substitutes for household products that cause allergic reactions. It can be a frustrating and costly experience, made worse by lack of information on safe alternative products.

As well, there is a perception that natural, ecologically safe products are ineffective and harder to use. It takes time and patience to convince ourselves and our families to accept alternative products.

The good news is that there are a number of reliable, effective and reasonably priced laundry and household cleaning products on the market. I have tried a number that I recommend. These products have also been used and tolerated by friends with severe MCS, hay fever, and asthma, so my comments are not totally subjective.

The following products are bio-degradable, highly concentrated and economical to use. Products are rated on effectiveness, scent levels, and the like:

Brand name:

Simply Clean: organic, bio-degradable. For product information call 1-800-265-7245.

Products tried:

Liquid Laundry Detergent - very concentrated, cleans well, safe on all fabrics;

liquid Stain Remover - excellent, colour safe on all fabrics tried.

Even removed cranberry sauce stains and grease from white damask table cloth.

Dish Detergent - cuts grease, cleans well. Very good;

Natural Kitchen & Bath Spray Cleanser - mild citrus scent, cleans sinks, taps well;

Super Clean - Did reasonable job on greasy barbecue. Good.

Brand name:

Nature Clean: made in Canada, bio-degradable, no animal testing on most products, non toxic, some products are septic safe.

Products tried:

Laundry Powder - not as effective as Simply Clean liquid.

Slight scent.

Delicate Wash liquid - concentrated. Safe on wool, silk, and rayon. Excellent.

Natural Laundry Bleach - highly concentrated. Safe on all fabrics tried. Very good.

Tub & Tile Cream Cleanser - safe, not visibly abrasive. Excellent cleanser.

Natural Toilet Bowl Cleanser - faint pleasant citrus odor. Excellent.

Carpet & Upholstery Cleaner - Low suds. Cleans well and vacuums off when dry. No obvious residue. But to be sure, I used it on carpets, then had commercial carpet cleaning company clean with steam only to remove any residue. Excellent.

All Purpose Cleaning Lotion - for floors, walls, dishes, etc. Good.
Glass & Window Cleaner - strong citrus scent. Seems to leave oily streaks.

Hand Soap - mild, affordable. Used safely for EPD. MCS guests like it. Excellent.

Herbal Shampoo - slight scent. Left hair dry, hard to manage.

Oven Cleaner - mild odor. Reasonably effective.

Veggie Wash - Seems to leave slight taste on vegetables unless very dilute.

Brand name:

Ecover: I have tried only the liquid laundry detergent. It was very good.

Ecover offers other products.

Other cleaning alternatives:

Baking soda (sodium bicarbonate):

Punch holes in a jar top, fill it with baking soda (purchased from the bulk bin) and use it for scouring pans, removing tea or other stains, cleaning sinks, tubs, toilets, etc.

To keep your oven clean, wash while still warm with 1 Tbs.

baking soda in one-half pint of water, or wash with dish detergent.

For dirty oven, warm and moisten surface and sprinkle on salt or soda. Allow to stand for some time, and rinse thoroughly.

I clean my ceramic stove top with baking soda paste on a soft cloth. Rinse well and wipe dry. It does not scratch or damage the ceramic surface.

Borax: For non-greasy stains, try a solution of one part Borax to eight parts water. Wipe on, allow to dry before laundering.

Borax and baking soda inhibit mold growth, so can be used to clean bathrooms, sinks, tiles and the like.

Library News

To borrow a book one must be a member in good standing. Books are loaned for a maximum of one month. The loan period for recent acquisitions may be shortened depending on the demand.

A list of the books in the AEHA library is now available on the website www.aeha.ca. Choose a book from the website listing and have it reserved for pick up. The most recent acquisitions are not yet on the website but have been listed in the Library News of the latest *Eco-Senses*.

Please call 731-7338 to request or reserve a book(s) or for an appointment to visit the library. There is an answering service which requires 6 rings before it is activated, so please be patient. Books requested by telephone prior to the monthly meeting may be picked up from and returned to the Librarian at meetings. Books not returned at the next meeting should be returned to the library.

A selection of popular and current books is provided for loan at the monthly meetings. Please present your AEHA membership card when you wish to borrow a book. Books may also be borrowed by mail as long as the postage is paid by the borrower.

The library is located at the home of Frances McInnes at 2270 Kipling Street, Ottawa, ON, K1H 6T5. It is in Alta Vista and is accessible off Heron and Walkley Roads and Kilborn Avenue.



Consumer Corner

Here's a column about new products or sources that may be of help for persons with environmental sensitivities and allergies. Got a hot consumer tip? Share it!

AEHA Member Discount at Sleeptek Mr. Jean Corriveau, the owner of Sleeptek, is generously offering current members of AEHA (Ottawa Branch) a 10% discount on all products purchased at Sleeptek. In order to receive the discount you must show your membership card before the sale is rung up. Please check out their Web site for products available. Sleeptek has two locations:

50 Colonnade Road North
Ottawa, ON, K2E 7J6
Phone: (613) 727-5337
Website: www.sleeptek.ca
Email: jean@sleeptek.ca

1076 Maloney Boulevard West
Gatineau, PQ,
Phone: (819) 561-3636
(see also ad)

Submitted by Frances McInnes

A Satisfied Sleeptek Customer writes... Sleeptek Revisited

This summer I went to Sleeptek to order new organic cotton pillows. I had not been there for three years and was pleasantly surprised by the expansion and changes to the showroom. While asking questions of the owner, Jean Corriveau, I learned that changes happened not only in the display area, but in the entire enterprise. The supply of organic cotton batting now comes from Peru and does not have the heavy oily smell it did before, when it came from the U.S. In Peru, the cotton is picked by hand instead of machine (the machine inadvertently crushes the cotton seeds giving the cotton an oily smell). The source of the organic cotton fabrics has changed as well (now from Egypt) and it is of much better quality than before.

There is another new organic product - a natural rubber mattress topper. The rubber is obtained from Malaysia from trees called *Hevea Brasiliica*. It is very soft and resilient and supports the body very gently. I tried one bed with this topper and did not want to get up. Probably it will be very soothing for many of us with fibromyalgia and other bodily aches and pains. I also noticed that one part of the floor in the display area is carpeted with sisal. I asked Jean how he was able to expand the variety of organic materials and products in so short a time. His answer was: "I travel, learn and make connections." Ninety five per cent of Sleeptek products are now sold to the U.S. market. In a sea of sloppiness and ignorance of many of today's services, Sleeptek is an oasis of high quality products and service. *(Submitted by Tatiana Schneider)*

I want to share some small discoveries in a Sears Health Food Store.

Unscented Batherapy with minerals matching hot springs. Wonderful for aching muscles. Unscented available only in small packages. Also, unscented small tubes of purse size hand cream from Kiss My Face. The big bottles available in other health food

stores, but small tubes only at Sears. *(Submitted by Tatiana Schneider)*

Did you know you can fill up with **environmentally friendly,**

low-sulphur, ethanol-added gasoline at MacEwen's at 512A Bank Street (Catherine and Bank near the McNabb Community Center), 3420 Carling Avenue or 1741 Cyrville Road in Ottawa? Keep a pair of plastic disposable gloves twist-tied in a plastic bag in your car so that when you fill up you will not get gasoline on your hands. When finished put the gloves back into the plastic bag and seal with the twist tie. *(Submitted by Joan Fulthorpe-Jubb)*

If you haven't checked out the extensive new line of **PC Organics** products now carried at Loblaws, you should. There are now 75 products in the **PC Organics** line ranging from apple sauce to tea and coffee, jams, maple syrup and more, many at very competitive prices. The product list is growing, and the grocery chain now also carries many name brand health food products, again at prices designed to compete with smaller health food stores.

Discovered at a luggage store... a **homeopathic jet lag** remedy made in New Zealand. Called No Jet-Lag, these chewable tablets contain arnica, bellis perennis, chamomile, ipecacuanha and lycopodium. Available at Capital City Luggage on 1337 Wellington or check out the Web site at <http://www.nojetlag.com>

Now available at Lee Valley Tools... small bags of **volcanic deodorizer**. Made from a naturally occurring ionic rock called clinoptilolite, this is a super odor eater, working like baking soda. You can now buy two 4 oz bags suitable for closets, refrigerators or even shoes for \$7.95, or the larger 2-lb. bag for \$12.95.

Discovered at the health food store in Aylmer, a new, locally produced line of skin care products called **Simply Natural Kosmetics**, including cleansers, toners and moisturizers, all using plant extracts and natural ingredients and gently fragranced with essential oils. See simplynatural@primus.ca or call 819-685-1956 or 1-888-777-6604.

Looking for **earth-friendly products for your baby?** Earth Friendly Baby products, produced in Vermont, promise a line that is plant-derived and biodegradable, using no artificial colouring, petroleum-based ingredients, and any synthetic fragrance and detergents. Call 802-425-4300 or check their Web site at www.earthfriendlybaby.com

Seen at craft fair...unscented, natural, **glycerine-free hand cream** using Ostrich oil and another with hemp oil, produced by Debbie Etherington, R.R. #2, Chesterville, Ont. tel. 613-448-2543. Tester size available, or contact her by e-mail at mohair8@yahoo.ca

Two items found in the Fall/Winter Hedonics™ catalogue: Concerned about the scented sheets in hotels or motels? DreamSack is a pure **silk liner**, 7' 9" long and 42" across, weighing only 5 1/2 oz. that folds into a sack about the size of a sock. Also could be sleeping bag liner. Washes in cold water. \$109.99 plus \$7.95 delivery. (Order #9881) Also a **hand-held electromagnetic radiation (EMF) sensor** that lets you test EMFs in your home or workplace in seconds. Sensitive to readings between 1.5 and 30 milliGauss. Battery operated. \$39.99 plus delivery. (Order #WP106) Call 1-800-387-5533.

Rousing Fare announces their delicious **home-made nut-free cookies**, which can be shipped anywhere in Canada. Call 1-800-806-8966 for more information, or e-mail mail@nutfreegourmet.com.

Call **Healthy Home Services** for dye-free and scent-free laundry and dishwashing products, all-natural shampoos, soaps, cream and deodorants, safe home cleaning products, low-odour and

chemically reduced paints, glues, sealers and wood finished, and air purification products. Call 1-866-870-6970 or visit www.healthyhomeservices.ca. Free shipping on orders over \$35.

Edible Options has **three allergy and gluten-free cookbooks** you can order: *No Grain, No Pain: How to thrive not just survive Living Gluten-Free* (\$18.45 incl. GST and shipping); *Cookies Naturally* (Revised) (contains allergy substitutions and diabetic choices) (\$13.15 incl. GST and shipping); and *Muffins from the Heart* (revised) (contains allergy substitutions and diabetic choices as well as gluten-free, heart-healthy and carbohydrate-reduced variations) (\$15.30 incl. GST and shipping) Make cheques payable to Edible Options, 32 Layton Street, Kitchener ON N2B 1H2 e-mail Shirley@edible-options.com tel.: 519-570-4912

Another **allergy cookbook** is *Free of Allergens, Full of Flavour*, containing 300 milk-, egg-, and nut-free recipes. It's available from Lilly Byrtus 1-780-456-6651 or e-mail aaabyrt@superiway.net. Cost is \$25. for non-Allergy and Asthma Information Association members.
(Last four items submitted by Carmela Graziani)

Allergy News

Nestlé Continues to Manufacture Peanut and Nut-Free
Nestlé Canada has reversed its decision to allow peanuts and nuts into its manufacturing facility. This means that Smarties, Aero, Kit Kat, Coffee Crisp and Mirage chocolate products will continue to be manufactured in a peanut/nut-free environment. The company reversed its decision to manufacture these products in one facility with peanut/nut products after it heard loud and clear from consumers.
(Submitted by Johanne Falardeau)



Web Wisdom

For news and updates on developments on pressure-treated wood, as well as links to express your views on the wood to the proper authorities while the issue is being reviewed, check out this site by Deborah Barrie at <http://www3.sympatico.ca/pbarrie/>

A very good site to find out more about probiotics and intestinal microbes is <http://www.highveld.com/probiotic.html>
(submitted by Carmela Graziani)

To find out about chemicals and their health effects, check out the Agency for Toxic Substances and Disease Registry at atsdr1.atsdr.cdc.gov:8080

To get a chemical index for Material Safety Data Sheets (MSDS), check the Canadian Centre for Occupational Health and Safety's site at www.ccohs.ca

Three excellent sites for resources on children's health and the environment include the Children's Environmental Health Network at www.cehn.org. See also Canadian Children's Environmental Health at www.healthychildren.ca and the Canadian Institute of Child Health, featuring information about children's health including air pollution and environmental pollutants at www.cich.ca

For publications on the topics of chemical sensitivity, the health effects of many chemicals and air pollution, see *Environmental Health Perspectives* at ehpnet1.niehs.nih.gov/docs



Book Reviews

Living with Multiple Chemical Sensitivity: Narratives of Coping, by Gail McCormick, published by McFarland & Company, 2001.

Reviewed by Tatiana Schneider

The Spring-Summer issue of *Eco-Sense* contained a review of a book called *Casualties of Progress: Personal Histories of the Chemically Sensitive*, edited by Alison Johnson and published in 2000. There is another, more recent book on the same subject, which was my companion for a couple of weeks this summer. *Living with Multiple Chemical Sensitivity: Narratives of Coping* by Gail McCormick. This 296-page book is available in the public library. It is a compilation of 30 stories of chemically sensitive wo(men) and children from various parts of the United States and Canada and one story from the other side of the Atlantic, from Belarus. Each story has two parts: the first by McCormick, as an observer, and second, the story in the "first person singular". The stories are of people with different levels of impairment (from moderate to severe), from different social and demographic backgrounds and status. Some of them might sound ordinary, but never banal. Each person definitely projects a "wounded hero".

Each day I looked forward to reading one or two stories and sometimes I wondered: why? Did I not have enough such stories around me in my immediate community? But it is only at the end I realized that despite the sadness of the imposed limitations on lifestyle and the tedious physical suffering, these stories have a strong message: "You are not alone and in spite of everything, we are hopeful". The entire tone of the book can be represented by the words of one of those interviewed: "...we are supposed to find one another, to work together, to have some sort of impact on the way our society is organized and the way the economy impacts life and health."

Whole Body Dentistry: Discover the Missing Piece to Better Health, by Mark A. Breiner. Published in 1999.

Reviewed by Tatiana Schneider

Two years ago in the office of Dr. Korman, I came across a book which I ordered immediately on arrival home. This 240-page book is available in the public library. Dr. Breiner has been practicing dentistry since 1971. All these years were a quest to discover the relationship between the mouth and the rest of the body. The result is a very readable, informative, and eye-opening book not only for the lay person, but also for most of the conventional dentists with a limited and mechanistic view of their practice. The book informs and opens possibilities for patients who wish to become knowledgeable and active participants in their health care. Abundant clinical examples illustrate the points of each chapter. One chapter closer to the end of the book, called "The Future", can be a printed manifesto (mission) for doctors' offices. This book is not just about dentistry, it is an essential guide to new concepts of 21st century medicine.



Food for Thought and Health

Spaghetti Squash – a great pasta substitute

Spaghetti squash is now available fresh locally. It has a bland, slightly lemon flavor. I find it more appealing ~~X~~ than some "non gluten" pastas as a base for tomato sauces.

A local farmer gave me this recipe to serve two:

1 small spaghetti squash, washed, halved, seeds and central fibers removed. Season lightly with salt, and pepper if desired. Rub cut edges with olive oil.

Fill each half with any mixture of garlic, onions, mushrooms, ground meat, herbs, peppers, and the like and top with tomato (or other) sauce of your choice. For those who can tolerate it, cheese may be added 15 minutes before dish is fully cooked, or grated on top to serve.

Place in lightly oiled baking dish, filling side up, cover, and bake at 350 to 375 degrees F for 1 to 2 hours. Cooking time depends on size of squash. When done it should feel soft when pierced with a sharp knife.

This is a delicious main dish. Serve with a salad, or green vegetable.

Submitted by Anne McCallum

X Caribbean Sweet Potato Coconut Soup

This soup has a tropical taste, and its main ingredient, the sweet potato or yam, is the single most nutritious vegetable. It can be served with toasted unsweetened coconut, scallions or cilantro. Serves 4 to 6.

2 cups chopped onions
2/3 cup chopped celery
1 Tbsp. tolerated vegetable oil
1 Tbsp. grated fresh ginger root
1 Tsp. curry powder
1/4 Tsp. ground nutmeg
2 bay leaves
1/2 Tsp. sea salt
3 cups water or vegetable stock
4 cups cubed sweet potatoes
1/2 Tsp. freshly grated lemon peel
1 cup pineapple or orange juice
1 3/4 cups coconut milk (14 ounce can)
2 Tbsp. fresh lemon or lime juice, or to taste

In a soup pot, sauté the onions and celery in the oil until onions are translucent, about 10 minutes. Cover the pot and stir often to prevent sticking.

Add ginger, curry, nutmeg, bay leaves and salt and sauté for another minute, stirring constantly. Add the water or stock, sweet potato, and citrus peel. Cover and bring to a boil. Reduce heat and simmer until the vegetables are tender, 15 to 20 minutes. Remove and discard bay leaves. Pour the pineapple or orange juice and coconut milk into the soup pot. Purée soup in a blender

in batches until smooth. Reheat gently. Add lemon or lime juice. (For a brothier soup, add up to 1/2 cup more water or stock.)
(Source: Moosewood Restaurant Daily Special cookbook)

Quinoa Brownies

(Quinoa is an ancient grain high in protein. The flour is available at health food stores.)

1 cup quinoa flour
1/4 cup tapioca starch
1/3 cup carob powder
1 Tsp. baking soda
1/4 Tsp. unbuffered Vitamin C powder
1/4 cup oil
3/4 cup apple juice concentrate, thawed OR
3/4 cup water plus 1/8 Tsp. stevia extract powder
1/4 cup chopped nuts (optional)

Preheat oven to 350°F. Oil and lightly flour an 8 x 4 or 9 x 5 baking pan. Stir together dry ingredients in a large bowl. In a separate bowl, stir together fruit juice or water and oil.

Stir the liquid ingredients into the dry ingredients until they are just mixed. Spread batter in prepared pan. Bake the brownies until they are set (approx. 18 - 20 minutes), until a toothpick inserted in the center comes out dry. Do not overbake so they remain moist. Cool before cutting. Makes 10 brownies.

Cooking Tip

Before roasting your organic chicken or turkey, rub the skin well with olive oil. Then place it breast side down on an oiled rack or directly into the roasting pan. The juices flow downward keeping the breast meat moist without having to baste the bird.

CLASSIFIEDS

For Sale:

Foust Air Purifier, superior quality, used by Dr. Sherry Rogers, specialist in Environmental Medicine, Syracuse, N.Y., handsome, compact, cylinder shape, 18 lbs, effective against chemical pollutants and particulates, includes new, activated carbon filter, \$70, call 565-3827.

MEAT FREEZER NEWS CLEARANCE SALE

AEHA members... A new supply of moose and venison is available! The meat freezer has just received a new shipment of moose and venison.

For this reason, existing supplies of moose and venison are being sold at the reduced cost of \$1.00 /lb.--while supplies last!

For further details please contact Monique Rook at 613-256-5313.
Oui, je parle français.



Badges Could Measure Exposure to Pesticides, Nerve Gas

New research involving liquid crystal technology similar to that used in digital watches and laptop computers may soon help you determine if the meat you buy is fresh or whether your kids are exposed to pesticides while playing in the garden.

The technology, developed by researchers at the University of Wisconsin, should allow the development of inexpensive personal sensors, which can be worn like badges to detect real-time exposure to certain chemical agents.

The findings were reported in the Aug. 17 issue of the journal *Science*. Although techniques to detect chemical exposures already exist, they are too bulky and complex for personal use. In addition to measuring immediate exposure to certain synthetic organic chemicals, the sensors developed by University of Wisconsin researchers Nicholas L. Abbott, PhD, and Rahul R. Shah, can be designed to measure cumulative exposure over time.

"The badge could be worn by children or even agricultural workers to measure personal exposure to pesticides," Abbott tells *WebMD*. The sensors could also be used in food packaging, Abbott says, to monitor chemical markers of food spoilage. *WebMD*, Aug. 16, 2001

Physicians Unaware of Probiotics

The majority of Nova Scotia physicians surveyed are unaware of how probiotics, live bacteria such as *Lactobacillus acidophilus* that produce a healthy intestinal environment, can help their patients, according to a survey by student Lindsey Edmunds, designed to see if N.S. physicians routinely prescribed probiotics to prevent side-effects of anti-biotics. Only 18 per cent of the 68 who replied to the survey were aware of any research on probiotics or felt there was not enough research to warrant their use.

Alive Magazine, Nov. 2001, reprinted from *Canadian Medical Association Journal*, May 29, 2001

Study Links Cellphones to Eye Cancer

Cellphones have been linked to human cancer in a scientific study for the first time. A German study suggests there is a three-fold increase in eye cancers among people who regularly use the devices. The radiation emitted from cellphones has long been known to temporarily alter the workings of brain cells, but there was previously no evidence of permanent health damage. If confirmed by subsequent research, the finding could lead to thousands of costly lawsuits by people with eye and possibly brain cancers. The research, published in the journal *Epidemiology*, examined 118 people with a form of eye cancer called uveal melanoma and found the cancer victims had much higher rates of cellphone use. The watery contents of the eye is thought to assist the absorption of radiation. *The Sunday Times*, reprinted in the *Ottawa Citizen*, Jan. 14, 2001

Good Nutrition in the School Cafeteria

In a renewed focus on nutrition, the Berkely Unified School District set a policy designed to provide a healthy meal to its 10,000 students—meals that phase out bovine growth hormones and genetically engineered ingredients, and that incorporate locally grown, organic foods. An area grower delivers organic apple juice and other fruits and vegetables, and a distributor provides organic processed foods like tortilla chips, peanut butter and graham crackers. Organic gardens help introduce students to the principles of organic farming. For more information, see www.ecoliteracy.org or www.spiritinaction.org. *E, The Environmental Magazine*, March/April 2001

Environmental Hazards and Photography

The U.S. Environmental Protection Agency says that "many of the chemicals used to develop photographs are corrosive and can cause skin, eye and lung irritation." Several of these, including catechin and p-phenylenediamine, rank high in "toxicity and persistence". Stop baths and fixers also warrant extreme caution when used. If you own a darkroom, recommends Susan Shaw, author of *Overexposure: Health Hazards in Photography*, avoid inhalation of developer powders, wear safety gloves and properly ventilate the room. The advent of digital cameras renders chemicals in processing unnecessary. *E, The Environmental Magazine*, Jan./Feb. 2001

Vitamin C heralded for Cancer-fighting Properties

An article in the *Canadian Medical Association Journal* urges scientists to "rigorously explore" the possibility of injecting cancer patients with high-dose vitamin C when all other treatments have failed. In high enough doses, say scientists, the nutrient appears to work more like a drug. Earlier studies that dismissed high-dose vitamin C therapy for cancer patients were flawed because they didn't appreciate the difference between oral and intravenous administration.

Ottawa Citizen Feb. 6, 2001

Pesticide Regulations Lambasted as Obsolete

Dozens of pesticides banned by countries that consider them dangerous are legal in Canada, says the World Wildlife Fund, one of the country's largest environmental groups. The pesticides have been pulled off the market elsewhere because research indicates, among other things, that they cause cancer and birth defects and are excessively toxic to wildlife. The fund drafted a list of 60 pesticides it believes are banned elsewhere, such as Sweden, Denmark and Germany and even in some developing countries such as Sri Lanka and Indonesia. But Health Canada's Pest Management Regulatory Agency officials say Canadians are not at risk in part because the United States has only banned six of the chemicals on the list. The PMRA is reviewing the licenses of the 406 pesticides registered before 1995, with a "target" completion date of 2006. Canada allows about 500 pesticides, about three times the number by European countries such as Finland, Sweden and Denmark. Nearly a third of the chemicals used in Canada were approved before 1960, when standards and research were far less stringent. *The Globe and Mail*, Oct. 2001

OBASAN ORGANIC COTTON MATTRESSES PILLOWS AND ACCESSORIES

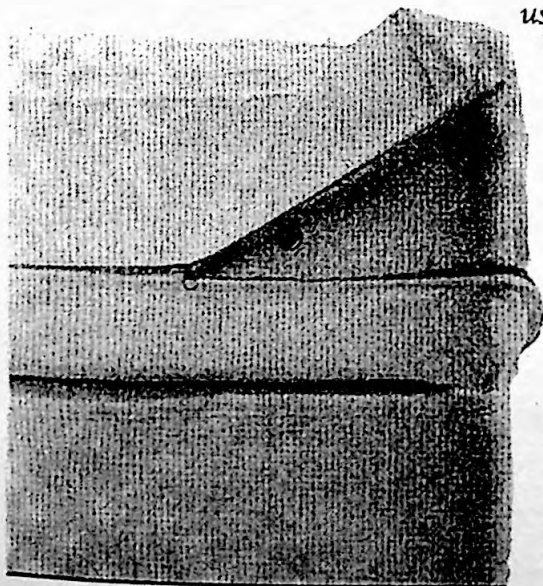
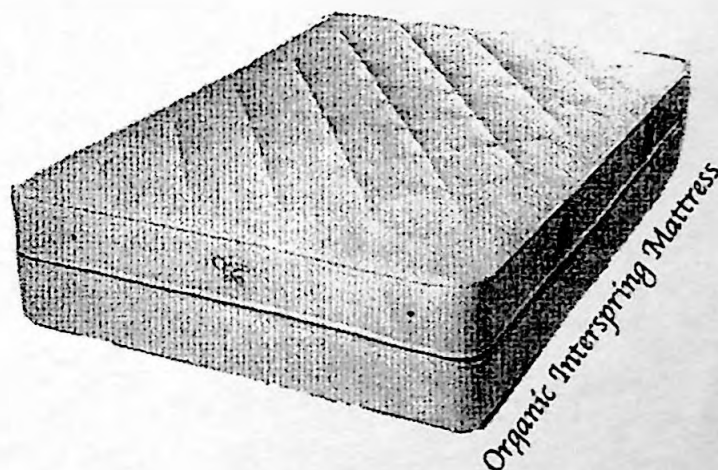


Many of us are choosing a simple, more natural way of life in an effort to preserve the environmental health of ourselves, our families and our world. The production of conventionally grown cotton relies heavily on the use of chemicals, leaving toxins in the soil, water and air, as well as a residue on all cotton fibres harvested. As more and more people become sensitive to

the abundance of chemicals used in the manufacture of everyday items, they are eventually unable to function properly in the chemical soup that makes up our daily lives.

The Obasan Collection has been designed for those who wish to live in a cleaner, safer environment, while enjoying a top quality, hand-made product. The materials we use are the

finest nature can provide; 100 percent organically grown cotton, 100 per cent organic wool and 100 per cent natural latex.



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Ottawa, Ontario
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613-727-5337

www.sleeptek.ca

OTTAWA ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

2002 MEETINGS

Monthly meetings are held at:

McNabb Community Centre
(180 Percy St. corner Bronson & Gladstone)
7:30 p.m. Free. No scents, please.

Thurs. Jan. 17

**How BOS Treatment Can Help You
(Biocomputer Operating System)**

Greg Elliott will speak about this non-invasive technique used to diagnose and clear the body's energy blockages.

Thurs. Feb. 21

Nutritional Workups for Health

Nutritionist Sally Morrow will explain how getting a comprehensive nutritional analysis can help you on the road to recovery.
(to be confirmed)

Thurs. March 21

**From Dreamhome to Nightmare:
Hidden Health Dangers of New Homes**

Linda Nolan Leeming, past president of the Ottawa Home Builders' Association, will tell her story of toxic exposure in a sick home.

Thurs. April 18

How to Fight for Your Rights

Dr. Shiv Chopra, Health Canada scientist who has fought for food safety and won his case against discrimination. Winner of the Canadian Whistleblowers' Award.

Thurs. May 16

Pesticides: What You can Do

John Sankey, co-chair, Health Dangers Urban Use Pesticides Committee.

For more information, please call the AEHA Hotline at 860-2342 or (819) 777-5848.